

# CONSUMER AWARENESS GUIDE

## CHOOSING YOUR CHIROPRACTOR

### INSIDE THIS ISSUE:

Evidence-Based Chiropractic.....	2
What is Sports Chiropractic?.....	2
The Chiropractic Experience.....	2
The Auto Accident Dilemma.....	3
Active Release Techniques®.....	3
Conditions Treated.....	3
The Corporate Chiropractor®.....	4

### SPECIAL POINTS OF INTEREST:

- The research Supports chiropractic care
- Why Active Release Techniques® may be the solution for your pain
- Your guide for choosing the right chiropractor
- Common conditions treated



## CHOOSING YOUR CHIROPRACTOR

Chiropractic is a profession with a wide variety of practice philosophies and techniques, which makes it a challenge to select the best chiropractor. Because chiropractic treatment is a physical procedure, consideration should be given to both the rapport with the doctor as well as compatibility with treatment style and techniques.

For most people, it is important to feel comfortable with the chiropractor and the clinic to have an overall positive treatment experience. Feeling comfortable may depend on a lot on personal preferences, including office location and office waiting times. Before starting treatment, it may be best to request an in office consultation to learn more about the chiropractor, the clinic, and techniques



used. Often the treating chiropractor will be open to this request to discuss these details.

The bottom line is that the chiropractor's role is to recommend the optimal course of care for the patient, and it is the patient's decision whether or not to accept that doctor's recommendations.

Patients should never feel like a doctor is pressuring them into a treatment or payment decision. Also, you should be very weary of long term treatment plans that are many months in duration and are overly expensive.

Reference:  
[www.spine-health.com](http://www.spine-health.com)

## CHIROPRACTIC CARE WORKS!

It's all in the research! Below you will find a few research studies that support the validity and cost savings (effectiveness) of Chiropractic care versus other methods of care. We encourage you to dive in deep to all the great info out there!

1. The Alternative Medicine Integration Study. Journal of Manipulative and Physiological Therapeutics. May 2007. Chiropractic care patients demonstrated: 85% decrease in Pharmaceutical costs. Also, 60% decrease in hospital admissions.
2. Cost of Care for Common Back Pain

Conditions Initiated with Chiropractors vs. Medical/Osteopathic doctor as First Physician. The paid cost for episodes of care initiated by a Chiropractor were almost 40% less.

3. Chiropractic and Medical Costs of Low Back Care. Stano, M., Smith, M. Medical Care 1996;34(3): 191-204. Total insurance payments were substantially greater for episodes with a medical first contact provider. (Mean total payments was \$1,020 with MD and \$518 with Chiropractic.

**Chiropractic and Medical Costs of Low Back Care. Stano, M., Smith, M. Medical Care 1996; 34(3): 191-204 Total insurance payments were substantially greater for episodes with a medical first-contact provider. (Mean total payment was \$1,020 with an MD vs. \$518 w/ a Doctor of Chiropractic.)**

**In 1999, , a large Chicago HMO began to utilize Doctors of Chiropractic in a primary care provider role. During a 4 Year study, patients who saw a Chiropractor as their primary care physician had a 43% decrease in hospital admissions, outpatient surgeries and procedures.**

## EVIDENCE-BASED CHIROPRACTIC

An Evidence-Based Chiropractor (EBC) will ask to see evidence proving the benefits of care rendered. Armed with this information, evidence based practitioners can avoid less effective interventions and thereby save their patients unnecessary expense and provide better outcomes.

EBC is not a cookbook process in which patients are treated according to some strict regimen derived



exclusively from research. Rather, EBC regards research information as an important component in the healthcare decision making process. Such information should be used in conjunction with clinical experience and judgment, clinical cir-

cumstances, and preferences of the patient.

Practicing EBC means choosing a course of action after weighing the risks and benefits of all the alternatives. While all clinical decisions are made under conditions of uncertainty, the degree of uncertainty decreases when clinical decisions are based on relevant and valid evidence.

*Reference:*  
[www.chiroevidence.com](http://www.chiroevidence.com)

## WHAT IS SPORTS CHIROPRACTIC?

The focus of sports chiropractors is to provide care in the conservative management, rehabilitation and performance optimization of the neuromusculoskeletal system for athletic populations. Sports chiropractors are accustomed to participating in a multidisciplinary sports injury care environment with Orthopedists, physical therapists, and athletic trainers.

Many of today's athletes utilize a sports chiropractor to prevent injury and to improve biomechanical

and neuromuscular function with the ultimate goal of enhancing performance. Postural and muscular imbalances as well as overuse or misuse syndromes may inhibit performance and limit further improvement. In our practice, we utilize functional movement assessments to evaluate biomechanics, Active Release Techniques® and Graston® Technique for soft tissue therapy, and chiropractic and sports rehab for reduction of pain and improvement of function. The com-



combination of these tools allows athletes and active patients to have access to the latest in conservative management of sports injuries.

## WHAT SHOULD I EXPECT FROM MY CHIROPRACTIC EXPERIENCE

When you decide to choose a chiropractor, you should have a pleasant experience with that chiropractor and the office. You should expect to achieve results that you are seeking in a timely manner. The time frame for resolving your condition is considerably variable due to many factors, and this should be communicated to you by the doctor. A treatment plan with expectations and

a release goal should be implemented that will not



only treat your pain, but correct the indirect cause of your pain. Every condition has a site of pain and an indirect functional cause of the pain.

Your treatment plan in most cases will consist of a combination of manual therapy, corrective exercises and therapy modalities. This comprehensive approach to your care will achieve optimal and efficient results.

## BE AWARE OF THE AUTO-ACCIDENT GAME!

As many of you know, in Florida, the auto accident insurance topic can be a very frustrating one, and frankly, a very sinister game played by many looking to fraud the system. From people sledge hammering their car for a fake claim, to the 411 Pain direct referral service, it can be very tough to know who is looking out for you if you were to get into an auto accident. Unfortunately in Florida, we are over-run by “personal injury mills” that only cater to auto accidents and set their business model to take advantage of the patient and auto insurer. Every auto accident patient with auto insurance is covered with 10k or 2,500 of healthcare coverage depending on the severity of the in-



juries. Many clinics in Florida will try to bill your insurance exorbitant amounts in a short period of time to collect a vast majority of your PIP/medical benefits.

Here are a few key aspects of the insurance law that took effect over a year ago. In addition to these key points, we recommend finding a trust worthy doctor, and if need be, a trustworthy attorney referral

from a friend or family member. You want these folks looking out for you and not taking advantage of the situation. Lastly, you do not have to go to one of these “personal injury clinics” for your care if you do get into an auto accident. You can receive quality care at a reputable chiropractic office that will treat you like a patient in pain and not a lottery ticket.

## WHAT'S THE BIG DEAL ABOUT A.R.T.®?

A.R.T. is a patented, state of the art soft tissue system/movement based massage technique that treats problems of muscles, tendons, ligaments, fascia and nerves. Headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems, and tennis elbow are just a few of the many conditions that can

be resolved quickly and permanently with ART. These conditions all have one important thing in common: they are often a result of overused muscles. Every ART session is actually a combination of examination and treatment. The ART provider uses his or her hands to evaluate the texture, tightness and movement of muscles fascia, ten-

dons, ligaments and nerves. Abnormal tissues are treated by combining precisely directed tension with very specific patient movements. These treatment protocols - over 500 specific moves - are unique to ART. They allow providers to identify and correct the specific problems that are affecting each individual patient. ART is not a cookie-cutter approach.

## COMMON CONDITIONS TREATED

- Acute Injuries
- Achilles Tendonosis
- Automobile Accidents
- Carpal Tunnel
- Frozen Shoulder
- Golfer's/Tennis Elbow
- Headaches
- Herniated Discs
- Knee Pain
- Low Back Pain
- Neck Pain
- Plantar Fascia
- Rotator Cuff Injuries
- Sciatica
- Sports Injuries
- Piriformis Syndrome
- TMJ
- Whiplash



## Chiropractic is Safe!

The overall incidence of VAI (Vertebral Artery Insufficiency (Stroke)) during Cervical Spine Surgery reported was .07% by The Spine Journal.

VAI by Chiropractic cervical adjustment occur at such an extremely rare rate compared to surgical intervention. 1 in 5.85 million cervical spine adjustments (Carrey et al, CMAJ, 2001) Chiropractic adjustments are extremely safe and effective. Chiropractors are trained to assess the risks vs benefits of any treatment method.

## What is that noise?



The noise you hear during a chiropractic adjustment is similar to when you pull a suction cup off of a mirror. The pop is the sound of rapid release of pressure and release of gas from the joint capsule.

# Health-Fit® Chiropractic & Sports Medicine

2900 N. Military Trail  
Suite 220  
Boca Raton, FL 33431  
561-997-8898

162 NE 25th St  
Suite 3  
Miami, FL 33137  
305-456-9966

**We're on  
the Web!**  
[www.Healthfitchiro.com](http://www.Healthfitchiro.com)



At Health-Fit Chiropractic & Sports Medicine, we treat many pain conditions and injuries combining chiropractic care with the latest techniques and technologies in conservative sports medicine. This combination of care is what makes Health-Fit a leader in sports chiropractic. What makes sports chiropractic preferred by many patients is that the evaluation and treatment protocols are evidence-based and trusted by professional athletic teams, major universities and large corporations. Health-Fit treats all of its patients with the same high level of care, no matter if you're a NFL player, auto accident patient, or suffer from a desk related pain syndrome.

## THE CORPORATE CHIROPRACTOR®



Research and experience has revealed that chiropractic care reduces healthcare utilization and cost, and increase patient satisfaction. Further evidence has shown that corporate on-site chiropractic clinics have improved those parameters even more significantly. The Corporate Chiropractor® program will fully implement a chiropractic physician into your corporation to provide chiropractic care, soft tissue therapy, ergonomics/work station consultations and strain/sprain preventative programs. Our on-site care program reduces recordable rates and worker's compensation claims by focusing on soft tissue discomforts and injury prevention. In 2006, OSHA provided a ruling and documentation

stating that Active Release Techniques® (A.R.T.) is a form of movement-based massage. OSHA deems massage techniques to be a form of First-Aid and not a medical treatment. If the employee has a discomfort, or if administered in a prevention format, A.R.T. is considered First Aid, not a recordable treatment. If the employee also receives medical treatment, a job transfer, restricted work activity, or days away from work, it would then be considered a recordable injury. The A.R.T. provider and the safety manager/human resources department work in conjunction to follow the correct care path for each employee. This will decrease the company's worker's compensation costs considerably.